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The Guardian Student Newspaper

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10-15-2014

## The Guardian, October 15, 2014

Wright State University Student Body

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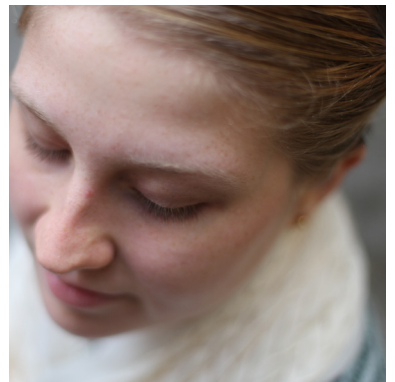
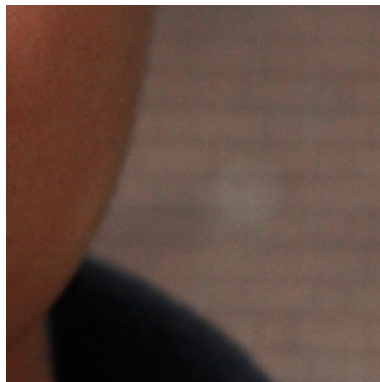
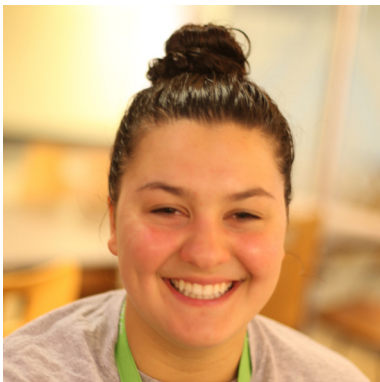
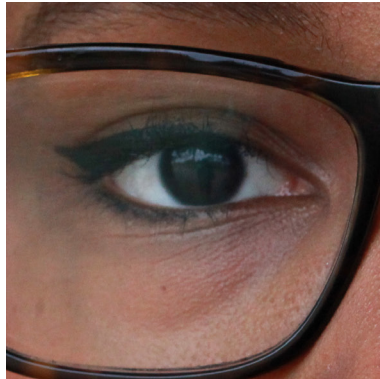
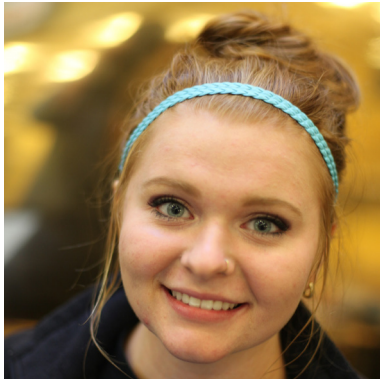
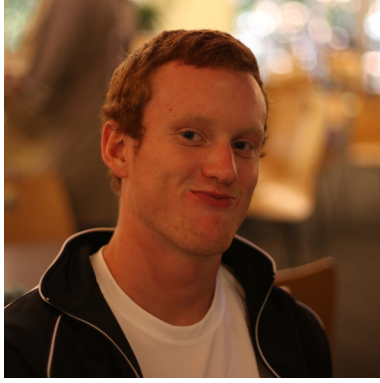
# THE GUARDIAN

Wright State University Newspaper

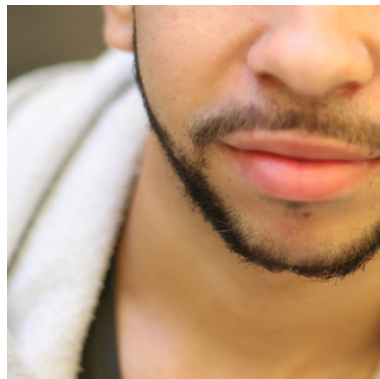
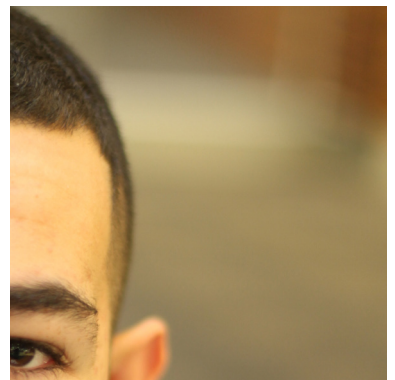
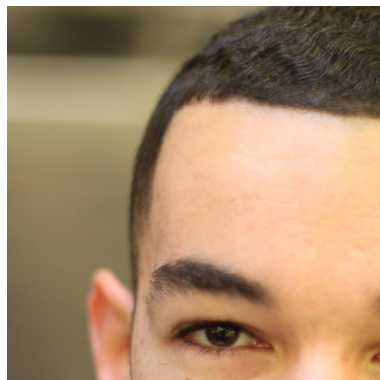
OCTOBER 15, 2014

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ISSUE NO.8 VOL. 51



BODY ISSUE





# CAMPUS EVENTS:

**Wednesday, Oct. 15**

- **Men's Soccer v. Cleveland State:** 7 p.m. Alumni Field

**Thursday, Oct. 16**

- **Draw on the Walls & Art21 preview:** 10 a.m.-7 p.m. A132 Creative Arts Center

**Friday, Oct. 17**

- **Fiesta Night:** 5-8 p.m. Millett Hall Atrium

**Saturday, Oct. 18**

- **Ohio Medical Education Day 2014:** 8 a.m.-4 p.m. Student Union
- **Women's Soccer v. Valparaiso:** 2 p.m. Alumni Field

**Monday, Oct. 20**

- **Spring schedule released online**

**Tuesday, Oct. 21**

- **Business Palooza:** 11:30 a.m.-3:30 p.m. Rike Hall Lobby
- **Men's Soccer v. IPFW:** 7 p.m. Alumni Field

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# Ask Mandy

ask.fm/mandyadvice

*Dear Mandy,  
I'm embarrassed to be writing this even anonymously, but something has come up in my relationship with my boyfriend: he wants to try a threesome. I'm totally against the idea and take it that he is no longer interested in me. He insists that he is but wants us to open up and experiment. He claims it'll be healthy for our relationship but I wholeheartedly disagree. What should I do?*

*Sincerely,  
NoNo Three Way*

Dear NoNo Three Way,

You have every right to feel this way! If you go through with the three way, somebody is going to get hurt, and that somebody is going to be you. Don't give in to his rationale that opening up and sleeping with other people is healthy—it's directly hurtful to you, and there's no way around it.

Honestly, I understand why you would "wholeheartedly disagree" with your boyfriend. Nothing makes a person feel less wanted than when your boyfriend or girlfriend suggests sleeping with other people as well. Rationally, that makes me think I'm not good enough! You're not crazy.

It just sounds like you have some long talks ahead of you if this continues to be an issue. Just remember, if you're not comfortable with it, don't do it!

Love,  
Mandy

**Disclaimer:** Ask Mandy is satirical and intended for humorous purposes. The views and opinions reflected are those of Mandy, not The Guardian as an organization.

## An ode to my body

Elizabeth Fleck  
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I've never been tiny, nothing about me is small. For instance, I'm about 6 foot 1 in height, making me usually among the tallest in a group wherever I go. As a result of my height, I have size 11 feet. Whenever I tell people that, they are shocked. "What?" they say, "How can your feet be that big?" It's just a proportion thing, really. There's no way at my height my feet could be an average size, or tiny. I wouldn't be able to walk properly.

My inseam is also quite large. For those who don't know, the inseam is how long your pants need to be in order to not have them be short

on you. Mine is a whopping 36 inches. That's pretty long. My bra size is a 36 DD and my size in shirts is 2X. And my pants size is 18. Why am I rattling off all these statistics about my dimensions? Because that's ex-

*But my measurements do not define me as a person.*

actly what they are, they are my length, my width, my height. And they are all big, above average, large. Like I said, I am not a petite woman, not in dimension or in personality. But my measurements do not define me as a person.

It took me a while to come to this conclusion. I was not always

at peace with how my body looked and there are still days where I am still not at peace with it. But, as far as wars go, it's mostly all quiet when it comes to criticizing myself. I've come to accept that this is how I look.

And I'm not writing this opinion piece just to address plus-sized women like myself. I believe that everyone, male or female, needs to come to peace with how they look. That goes for every type of body, petite, large, muscular, slim, wide or what-have-you. As long as you are happy and healthy, make an ode to your body like a poet would make an ode to his muse. After all, this is the skin you live in. You might as well love it.

## The stigma of body modification

Leah Schneider  
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It's impossible to deny that having an unconventional ring in your nose or a visible tattoo can lead to being perceived differently than people without these less-than-mainstream body modifications.

I would like to say that this is not about me standing up on a soapbox quad god-ing that people should be judged by their character and moral compass rather than their skin but, hey, it's an opinion article so I'm just going to go right ahead and do that.

There will always be the argument that when you walk into a tattoo shop you should not be getting a piece with pleasing others in mind. And that's certainly all well and good. But it isn't entirely realistic. People are going to react to things in basically one of three ways; they will like/love your modifications, they will tolerate them but remain silent, or they will blatantly tell you that it was a giant waste of American dollars

(or, you know, Pounds, Euros, whatever).

It is true that body modifications are about you as an individual, we have all, those of us with body mods, said, "Hey, you don't like it? Good thing it's on my body not yours" at one point or another. It is also true, however, that the stigma of body modifications is worn out and completely out of date.

Come on, ladies and gents, the world is changing, it has been, for quite some time. There are bigger issues than that bright orange octopus tattoo on that guy. I'm sorry if you find it unnatural or offensive, but I can think of at least six other negative issues for you to focus your energy on than asking people irritating, played out questions.

How are you going to get a job with those piercings and tattoos?

Well, I suppose I will have to find employment where they care about my brain rather than my body. Just like that job that I currently have.

How does your mother feel about that?

She hasn't burned the Christmas ornaments that I made for her in kindergarten yet, so, I guess that's a good sign, right?

And the personal favorite question, we'll just throw this in here for fun.

"Oh, man, didn't that hurt?"

It was like being licked by bunny rabbits for four hours straight. If rabbit's tongues were made of incredibly sharp needles dipped in ink that would be in my skin forever. Then, yeah, bunnies. That sums it up perfectly.

Maybe all that thought and pain ought to give people with tattoos some due credit. People with body modifications could arguable have more diligent reasoning skills and less stereotypical thinking.

Any way one looks at this issue it's a global catastrophe, the stigma is changing. Body modifications are becoming more of a norm. Hopefully the savage origins of this form of art won't plague the industry for another three centuries.





## Company and student reactions to the new iPhone

Adrienne Lohr  
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Phones flew off the shelves of Apple stores worldwide with the recent release of the iPhone 6 and 6 Plus. Over 4 million phones were sold within the first 24 hours of release, breaking sales records for all of Apple's previous mobile devices. However, these phones have undergone serious scrutiny from consumers and critics since their release.

Within a week of the release date, nine customers contacted Apple to report bending phones. #BendGate was trending on Twitter worldwide and has forced people to question the durability and quality of their new Apple products.

Apple has responded strongly to these inquiries. In an interview with the Wall Street Journal, a member of Apple's media relations team says, "With normal use, a bend in the iPhone is extremely rare."

After the negative reaction

that Apple received about their latest iOS software update, the criticism of their new products is not doing much to redeem the company.

However, not everyone is buying into the bad press.

Alexander Maxwell, a senior motion picture production major and loyal Apple customer, is excited to receive his iPhone 6 Plus. He agrees that Apple has a responsibility to its customers to sell durable, quality products.

"Out of the millions of new iPhones sold, very few have bent. They're well within the margin of error," Maxwell says.

Maxwell looks forward to the bigger screen size, higher picture resolution and better battery life. "I carry a phone and a tablet now. The new iPhone will let me do the same amount of work that I normally do, but I won't have to carry as many devices."

For Maxwell, the benefits of the new Apple devices outweigh the risks.

## Supplement usage: Exploring the myths and facts of supplements

Taylor McKinley  
News Writer  
McKinley.25@wright.edu

In today's world, there are so many different types of supplements advertised, it can be hard to keep track of them. A very common misconception is that supplements can be used by themselves to achieve weight loss and a healthier lifestyle. However, supplements are intended, as their names suggest, to supplement the diets and exercise of the people who use them. Wright State student Alan Avila-John helped clear up some common myths about supplements.

"I feel that too many people use them as a substitute for

diet/exercise and don't fully benefit from their use. I have always attributed the benefits of supplements to my entire lifestyle at the time, rather than only supplements," said Avila-John.

Because supplements are not regulated by the Food and Drug Administration, the problem of supplements potentially causing severe side effects becomes even scarier. However, following instructions very carefully is a simple precaution everyone can take that can help prevent side effects from occurring, according to Avila-John.

"I have heard myths claiming that creatine causes liver damage and pre-workouts



Eli Chizever

Photo by: Natalie McDonald

## Slavery: Closer to home than you might think

Taylor McKinley  
News Writer  
McKinley.25@wright.edu

It is a little known fact that between 100,000 and 300,000 children are taken into the sex-trafficking industry every year. We often believe that this problem is only present overseas and that the United States is invulnerable, but it is very clear and present, and it is happening in our own backyards.

Wright State graduate student Ian Kallay has decided to take action against this epidemic. At 20 years old, he has biked across the country in hopes to shine a spotlight on the epidemic of sex trafficking, letting people know that it is happening and hopefully inspiring others who are passionate about the cause to

take action as well.

Kallay addressed what he thinks is a crucial problem of this epidemic. "The difficult aspect of this epidemic is that it's a very subtle problem. There are actually more slaves in the world today than ever before, but we believe that because slavery was abolished there are no more slaves," he said.

Kallay brings to light an important point that is easily overlooked when deciding how to stop this growing problem. "We can begin to stop this by ceasing to feed our mind with certain music and movies that discriminate against women. It sounds cliché, but what it is doing is basically a form of subliminal advertising that lets your subconscious know that it feels good to treat women like crap. Consciously we would laugh at this logic, but most of this brain activity and reasoning does not

take place in our conscious," he said.

Wright State student Rachel Adams is one of many who has been inspired by Kallay's efforts. "I think it's amazing what he is doing to raise awareness about human trafficking. After meeting him on Living Dayton, I started to follow his trip across the U.S. and I've been following his movement ever since."

Ian Kallay's efforts to raise awareness have just begun. Next month, he is completing a 50 mile run around Dayton to raise money for Be Free Dayton, a non-profit organization that seeks to abolish and prevent sex trafficking nationally. He will also be swimming across the five great lakes next summer in attempt to break a world record and to continue raising funds and awareness.

cause cardiovascular problems. However, I have never experienced any issues during or after use. I carefully followed instructions on each supplement label," said Avila-John.

There is also a lot to consider when using supplements for outward appearance versus inner health. Cassie Goodman, exercise science major, commented on this aspect of supplement use.

"Many supplements, such as pre-workout powders, are dangerous and cancer-causing," Goodman said. "They may help your physique look amazing, but the way a person's body looks on the outside says nothing about what is going on inside. Many body builders die at early ages because of the damages they've

done to their bodies."

Goodman agrees that it is important to pay attention to instructions as well as do research on the company that makes the supplement. "Being a mostly unregulated industry, a lot of shady things go on behind the scenes. Some supplements can do wonders for you. It just takes doing research and having knowledge that you are using a reputable company," she said.

Generally, Avila-John, like many avid supplement users, agrees that the benefits outweigh any possible drawbacks that might occur while using supplements. "I have never been afraid to try new supplements. I feel the benefits of exercising outweigh the potential consequences of supplement use.

Overall, as far as weight loss goes, it seems the best way to achieve results is diet and exercise. Taking supplements alone may achieve some results, but will most likely not allow the user to reach their final weight loss goals. Avila-John said. "I think someone could take supplements to replace their diet or exercise, it's just that they wouldn't see their desired results. I don't think the potential consequences or side effects of supplements alone make that an undesirable method, it's just that it might not be as effective. To be as healthy as possible, I believe a healthy diet and solid exercise plan are the most important factors, with supplements providing help along the way."



# Can cell phones give you cancer?

Sarah Olsen  
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Cell phones emit a specific type of radiation known as radio frequency energy, which has developed into a controversial factor for developing cancer. Radiation comes in many forms including radio waves found in cell phones. It is also found in various types of sources in every room, including your jean pocket.

According to a NASA Mission-Science online article, radio waves have the longest wavelengths in the electromagnetic spectrum. The radio "receives" these electromagnetic radio waves and converts them to mechanical vibrations in the speaker to create the sound waves we hear.

There have been recent cases of potential cell phone links to cancer. Amer Maher, professor of materials science and engineering, said, "I am not aware of any solid scientific studies supporting such assumptions. All the talk about such correlation is just myths people exchange. It is also important to realize that the cause of cancer, as a disease, it not fully understood yet."

Cell phones are not manufactured without caution.

"There is nothing in a cell phone that people should worry about," said Dr. Ryan Hamilton, instructor of electrical engineering. "Engineers do not consider cell phones to be any kind of cancer risk. Where some people worry is that cell phone technology uses electromagnetic waves for communication."

There are electromagnetic waves in radio signals, visible light and X-rays.

"We are exposed to these waves all the time just walking around," said Hamilton. "The different waves are classified based on their frequencies. When you change the radio station, you are

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canidonate@givingblood.org

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Community Blood Center  
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changing the frequency your radio picks up."

Some electromagnetic waves with high frequencies, such as X-rays, are called ionizing. These can cause cancer due to their high frequencies and subsequently high energy.

"Cell phone communication is done at a frequency that does not have enough energy to be ionizing," said Hamilton. "Therefore, no worries about cancer."

There is no proven link between cancer and cell phones, although there are precautions to be taken.

The American Cancer Society says the International Agency for Research on Cancer classification means that there could be some risk associated with cell phone use, but the evidence is not strong enough. Individuals who are concerned about radio frequency exposure can limit their use of an ear piece and limit cell phone use especially among children.



## Russ Engineering display screens offer sleeker, easier communication

Alan Hieber  
News Writer  
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Nine new high-definition television screens have been installed in the Russ Engineering building, with new software that has the ability to present engaging messages for College of Engineering and Computer Science (CECS) students.

The screens are being funded by the CECS. The previous system was no longer conducive, Director of CECS Distance Education and Marketing Programs Cheryl Spillman explains.

"Previously, we had a system called "Snibbe Interactive" and it was used in many types of institutions. However, it was no longer conducive to providing targeted, engaging messaging to our students in a tech-savvy, real-time manner," said Spillman.

The new set of television

screens will be run by nine macminis. The Marketing Director for the CECS will control the information being presented. Two other teams in marketing and distance education will handle content and display.

"We will have the opportunity to deliver static messaging, but more exciting is the ability to also offer video messaging, Internet display feeds, satellite messaging and live-streams," said Spillman, "and any type of message created in CECS academic programs which instructors, professors or partners would like to communicate."

Some of the information that is presented can be department specific, according to Assistant to the Chair for the Department of Biomedical, Industrial and Human Factors Engineering (BIE) Jen Weaver.

"Last week, the BIE promoted

the Study Abroad Fair, where information would be available about their summer trip to Malawi. Spring

Registration is also coming up next month, so a department might want to remind their students know what steps to take to be ready for registration. Another department may want a specific newsworthy item highlighted from their website," said Weaver.

There is a wide variety of educational and lifestyle information for CECS students the screens will be able to display.

The television screens are currently functional, and the displays are expected to be completed by Mid-November.



## Natural substitutes for caffeine

Andrea Schaaf  
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Schaaf.14@wright.edu

No matter the major, concentration or focus throughout college, almost every student has one small thing in common: they are masters in caffeine consumption.

Caffeine is in so many foods that we hardly think twice before eating the chocolate ice cream or taking the “coolest” new diet pill. Even decaffeinated coffee has been found to contain caffeine. Although it does contain significantly smaller amounts of caffeine, many decaf coffees have been tested and found to still contain around 20 milligrams of caffeine.

According to the FDA, 80 percent of adults consume caffeine on a daily basis and the average adult consumes about 200 milligrams. That’s the same amount as 10 ounces of coffee or four sodas. All of this stimulation can cause dizziness, high blood pressure, uneven heart beats and dehydration, not to mention the “crash” the body will feel after coming down from a caffeine “high” in four to six hours.

There are many natural energy alternatives to consider for that afternoon pick-me-up. Becoming healthier can eliminate some of the need for caffeine in a person’s diet. More natural energy sources include vitamins, exercise, herbs, protein and water.

B vitamins help the body to metabolize food, so a deficiency in them can cause fatigue or lack of concentration. An increase in water consumption can also help beat the afternoon slump; it is recommended that a person consume anywhere from 91 to 125 ounces of water a day to stay hydrated and alert.

Caffeine is a diuretic, meaning it causes the body to lose water more quickly. Also, herbs such as ginseng have also been found to act as a natural stimulants, as they increase mental alertness and metabolic rates. Other simple things such as eating a little more protein and exercising more each day can increase blood flow and energy level.

Do caffeinated foods or beverages have to be completely cut out? No, but healthier substitutions can be made, like drinking a glass of water for every cup of coffee.

## The secret ingredient to a healthy body

Leah Kelley  
Editor-in-Chief  
Kelley.90@wright.edu

We can’t survive without water. We can survive for a while without food, but without water we’re toast. Water helps maintain the balance of body fluids, it keeps our skin clear and best of all it helps maintain a regular bowel function (Yes, it helps prevent constipation!). So why aren’t we drinking enough water?

It’s not often we feel like carrying a hefty water bottle around campus. But there are clever ways to sneak H<sub>2</sub>O into our diets.

Fruit, for example, is a good source of water. Watermelon is 90 percent water, and other strong contenders are melons and oranges. Other foods that contain high levels of water are

cucumbers, eggplants, zucchini, pears and even applesauce.

*“Dehydration can occur when we do not replace the amount of water we have lost throughout the day.”*

Tea and coffee, contrary to common myth, also aid in hydration. The difference with coffee is that too much of it may lead to jitters and shakiness. It does not, in fact, dehydrate the body.

“Dehydration can occur when we do not replace the amount of water we have lost throughout the day,” said current lecturer of Biology of Food, Amy Wissman. “We get water from our beverages and food as well. We lose water through sweat and urine,

which is obvious, but we also lose water in stool and every time we exhale.”

Dehydration has several serious side effects such as dizziness, dry mouth, dark urine, lightheadedness and low energy. We’ve all been told to drink at least eight glasses a day, but for some, more water than that is necessary. Those who are pregnant or breastfeeding, who are outside in the sun, or are dieting are only a few who need to consume more water than average.

To tap into your full studying potential, make sure to avoid dehydration by indulging in water-heavy foods and a big glass of H<sub>2</sub>O. It will boost your energy levels, and your body will thank you for it later.

### WATER INFLUENCES:



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RATE



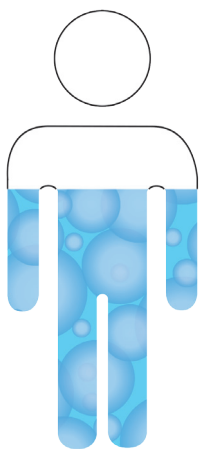
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ABILITY



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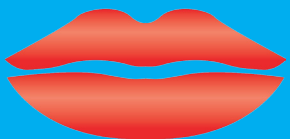


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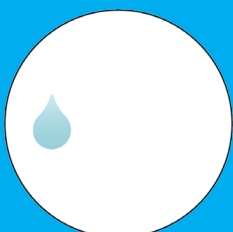
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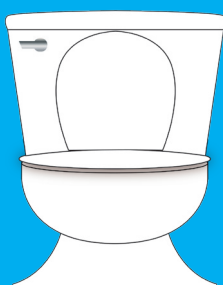
### WE LOSE WATER BY:



EXHALING



SWEAT



URINE

### DEHYDRATION LEADS TO:



LACK OF  
ENERGY



IRRITABILITY



RAPID  
HEART RATE



DARK URINE





Taylor McKinley

Photo by Leah Kelley

## Tattoos and piercings: Are they appropriate for job interviews?

Zara Qureshi  
Features Writer  
Qureshi.15@wright.edu

Body modification and art, such as tattoos, piercings and non-naturally colored hair, have become increasingly popular among young adults, including college students. Students freely adopt these fashion trends in school, but they might not think about how these body

choices will affect their future employment after college. Having other visible modifications during interviews can be inappropriate for certain careers. Lance Cauley, Director of Career Management in the Raj Soin College of Business, explained more.

"Body modification can and does have an impact on how someone is evaluated during an

interview," Cauley said.

Cauley said the type of interview will affect how someone is evaluated, but more important factors are the type of work the person will be doing and the company's culture.

"If someone is applying for a role that has frequent interaction with customers or outside stakeholders, then the appearance of the applicants has a bigger impact on the hiring decision," Cauley said. "Depending on a company's culture, an otherwise qualified candidate may be rejected due to their personal appearance."

Lisa Duke, an assistant director in Career Services, also said that acceptance of body modifications depends on the company's culture and explained

*"If the applicant is not willing to comply, then they are often removed from consideration of employment."*

which career fields tend to be more conservative.

"It depends on the industry you are going into, but engineering and most businesses tend to

be conservative," Duke said. "If you are going to be an independent artist or going into a field not as conservative, like maybe something in liberal arts, then it is more

okay to have tattoos and such. It varies with the sciences and can also depend if it is a start-up company. Overall, you want the interviewer to focus on you and not to be distracted by your looks or judge you."

If a person is interviewing for a more conservative employer, Duke advises covering tattoos with either clothing or makeup.

Facial piercings should be taken out. For gauged ears, the holes should be closed up, which in extreme cases can require plastic surgery. However, sometimes a company may seem conservative at first, but this may change once in the job and having a tattoo or piercing will not be detrimental. Most companies let their applicants know what they consider appropriate.

"The interviewer will usually

inform the applicant about any grooming or appearance guidelines that the company has," said Cauley. "They will ask the applicant if they are willing to

comply with those guidelines. If the applicant is not willing to comply, then they are often removed from consideration of employment."

Whether to get a tattoo or any other form of body modification is up to the individual, but it is helpful to consider one's career goals before making such a decision.

"A student's decision to get a tattoo or piercing is very personal, but it should also be carefully considered with regard to future employability," Cauley said. "The simple fact of having a tattoo or piercing will not make someone successful or unsuccessful in their career. However, by having a visible tattoo or piercing the student may be reducing their number of available career opportunities by eliminating companies that have a more conservative culture."

## Vegan, paleo and gluten-free: How trend diets affect health

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Fad diets are diets that become popular trends, usually because they promise quick and easy weight loss. Various fad diets have trended throughout the years and some of the latest ones are Paleolithic, vegan and gluten-free diets.

The Paleolithic or "paleo" diet is based on foods that were eaten by early humans and consists mainly of fish, meat, vegetables and fruit, and excludes dairy, grains and processed foods. The reasoning behind the regimen is the belief that the body will stay lean if it only consumes foods eaten in prehistoric times. A vegan diet is free from all animal products like milk, eggs, gelatin and honey, and a gluten-free diet excludes foods and beverages containing gluten, a protein found in wheat and grains. Gluten-free diets are mainly used by people who have health problems that make them highly sensitive to gluten, such as Celiac disease, but the diet has also become popular among individuals who do not have gluten sensitivity. Wright

State professor Amy Wissman, who teaches Biology of Food, talked more about the gluten-free diet as a fad diet.

"I believe that the marketing, packaging and the media lead people to believe that it must be

*"Many people are looking for the magic pill to weight loss," Edmunds said. "They'll try anything."*

healthier to go gluten-free, or whatever the trend," Wissman said. "In reality, healthy adults do not need to avoid gluten which is protein found in wheat, barley and rye."

Some gluten-free products can also be just as fattening as non-gluten products.

However, gluten-free diets can lead to weight loss. Dietitian, nutritionist and provider of nutrition counseling to WSU students Leslie Edmunds explained further.

"A person could lose weight on a gluten free diet if their diet prior to going gluten free

contained several high calorie gluten containing products," Edmunds said, "but they could also gain weight if the reverse were true."

Gluten-free and other fad diets restrict many foods. Edmunds explained that these restrictions make these diets difficult to maintain and can even be dangerous to your health.

"Fad diets typically restrict entire food groups or foods in hopes of losing weight," Edmunds said. "Often, the dieter restricts too much, which then leads to deprivation, then bingeing, then guilt, then the process starts over with deprivation. Many fad dieters lose weight at first but tend to gain most of the weight back. Also, cutting out entire food groups can lead to unhealthy side effects, such as vitamin and mineral deficiencies."

Paleo diets can be effective in weight loss and health because of the lack of sugar and processed foods, but the diet is not sustainable because of the potential nutrient difficulties, especially calcium and vitamin D. This can lead to weak bones and teeth and hypocalcaemia,

an electrolyte imbalance.

The vegan diet also has some health benefits, but can also lead to deficiencies in necessary vitamins and minerals including protein, iron, calcium, zinc, and vitamin B12. If people are going to follow these diets, they should find replacements for these nutrients.

"If a person has no health or

*"Also, cutting out entire food groups can lead to unhealthy side effects, such as vitamin and mineral deficiencies."*

food restrictions, a balanced diet is eating a variety of different wholesome food and lots of fruits and veggies and using good portion control," Wissman said. "This is the best diet to help with weight loss and health benefits."

Edmunds also said that a well-rounded diet is best, and should be heavy in produce, healthy fats-like nuts and avocado-

-dairy products, beans, lentils, eggs, lean proteins and whole grains. Edmunds recommends the Mediterranean diet.

Yet, a balanced diet alone is not effective in weight loss. The best way is a combination of both exercise and a good diet.

"Weight loss boils down to a very simple concept—making sure you burn more calories each day than you take in," Wissman said. "An active lifestyle and lowering your calorie intake should lead to gradual and lasting weight loss. Obviously the more calories you burn with physical movement the more weight should come off. Even increasing your walking is good or taking the stairs up a flight instead of the elevator is good."

Edmunds also said that in addition to exercise, a good diet should be paired with some other components too.

"Many people are looking for the magic pill to weight loss," Edmunds said. "They'll try anything, but a combination of daily exercise, good sleep quality, practicing stress management and eating a well-balanced diet is most effective in losing weight."



# 8 | PHOTO: Raider Watch



THERE IS NO WRONG WAY TO  
HAVE A BODY





# Volleyball: WSU swept last weekend

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The Wright State volleyball team is still searching for its first conference win of 2014 after an 0-2 weekend at home. The Raiders lost 3-0 in their league home opener on Friday against the UIC Flames and fell in another three-set match to a very good Valparaiso team on Saturday.

Friday night's game was the Raiders' ESPN3 debut and the crowd was packed for the entire match. Friday's first set was fought hard by both teams not given each other an inch. There were eight ties and three lead changes, but the Flames hung on to the lead to win a close set 25-22. The final sets were not as competitive, and the Raiders began to show their youth with errors and apparent miscommunications on the court.

When asked about changes for the next game, Raiders head coach Susan Clements said, "We have to improve on serving and passing. Those two parts of our offense are really struggling right now."

The ladies responded and cut down on their errors, but faced a much stronger opponent than the night before in Valparaiso. The Crusaders are 17-3 overall and are third place in the Horizon League standings. It was the fifth conference game for both teams in a competitive Ho-

*"The mentality of this team is I'll do what it takes to help the team."*

rizon League.

Clements made a few lineup changes from the previous night and made sure the Raiders were focused on making better passes and less errors. Though there was much improvement, they were outmatched by the Crusaders who dominated the first two sets winning 25-16 and 25-17.

The Raiders were tied the Crusaders nine times in the final set. The final tie was 19-19 before the Crusaders took control of the set 25-21. Allison Ketcham of Valpo led the way with 16 kills for the Crusaders. For



Raiders volleyball team falls in a pair of home matches

Photo by: Lindsey Roberts

the Raiders, Marisa Aiello was the top performer with 10 kills.

"It was much better than last night. We served better, the defense was improved. We just have to be able to put the defense and offense together on a consistent basis," Clements said.

"We have to be able to bring along those young kids and manage the game in those pressure situations."

It has been a rough season for the Raiders who are now 3-15 overall and tied for last place in the conference with Green

Bay at 0-4. WSU's next match is against the reigning conference champs Milwaukee, who are also currently tied for first in the Horizon League. The Raiders will travel to Wisconsin to face the Panthers on Friday.

## Swimming: Men's team takes opener over UIC

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The Wright State swimming and diving team split its season-opener last weekend as they hosted Horizon League foe, the UIC Flames, at the WSU Natatorium Saturday afternoon.

The Raiders' men came away with a 165-135 victory and the women fell to the Flames 173-126.

It was a record setting day for Wright State junior Clement Quilliec as he set two individual pool records in the 100-yard breast stroke (55:46) and the 200-yard breast stroke (2:02:99) as finished first in both events.

That was not the only pool record that was set by the WSU men's team and Quilliec, as the 200-yard medley relay set a new mark with a time of 1:33:54 for the team that also included Mitch Stover, Matt Dassow, and Kile Aukerman.

Other first place finishes on

the men's side were Stover in the 100-yard backstroke (50.85) and the 200-yard backstroke (1:50:71). Dassow had first-place finishes in the 200-Fly (1:54:17) and the 500-Free (4:46.75) and Wiehan Boshoff finished first in the 100-yard free (47.60) and the 200-yard free (1:41:97).

First place finishes on the women's side had Kortney Mullen in the 100-yard back (59.86), Kayla Fearrin in the 100-yard breaststroke (1:06.16), and 200-yard breaststroke (2:22:07) and Samantha Miller in the 100-yard free with a time of 53.64 to round out the individual first place finishes. The 200-yard medley relay team made up of Mullen, Fearrin, Emily Hayhow and Miller also had a first place finish for the Raiders.

The next swim meet for the Raiders will be on Friday, Oct. 31 as they hit the road to compete against Milwaukee for the first road Horizon League meet of the season.

## Donlon finds gun; WSU Athletics decline to comment to The Guardian

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The Guardian was first to report that Wright State head men's basketball coach Billy Donlon found a loaded weapon in the vehicle of Tavares Sledge on Sept. 18; two weeks before Sledge was dismissed from the basketball team according to a police report released Monday.

Sledge was charged on Oct. 9 for improper handling of a firearm, which is a fourth-degree misdemeanor. Sledge entered a not guilty plea Monday for the charges and will face Fairborn Municipal Court Judge Beth Root.

WSU's Athletics Department has refused multiple attempts for comment to The Guardian. WSU Athletics Director Bob Grant also deferred to comment to The Guardian but did speak to a Dayton Daily News sports writer.

"I think the way that day was handled was exactly in line with

our mission statement," Grant told Dayton Daily News, "of trying to take care of our student athletes as people, then as academic students and thirdly from an athletic standpoint."

Grant went onto tell Dayton Daily News that he found the whole situation 'heartbreaking.'

WSU Police was called to the Setzer Pavilion, the team's practice facility, on the afternoon of Sept. 18 on a call of a possible custody dispute between Sledge and Alaina McAuley, a former WSU athlete and the mother of Sledge's son.

Donlon was listed on the police report as a facilitator and mediator between McAuley and Sledge during the custody exchange. According to the report, Sledge was distraught by the situation and stayed in his car as McAuley took their son to her car. McAuley asked Donlon to get the car seat out of Sledge's car.

Donlon convinced Sledge to exit the car as Sledge went to Donlon's office. Donlon then

found the loaded 9mm Smith and Wesson Sigma firearm on the rear floorboard.

Sledge's incident came six days after forward JT Yoho was arrested for DUI. Root will hear Yoho's case on Nov. 17.

The Sept. 18 incident at the Setzer Pavilion was Sledge's second criminal incident. Sledge was suspended for 14 games last year after a September, 2013 altercation with his girlfriend. The altercation led to Sledge being jailed for 19 days by Root. Sledge was also ordered to take parenting and domestic violence classes.

Sledge drew support after last year's arrest from members of the university community including Bob Grant and WSU President David Hopkins. Grant and Hopkins were among a group of community leaders who wrote a letter to Root on Sledge's behalf.

For more, go to [www.theguardianonline.com](http://www.theguardianonline.com).



## Raider Spotlight: Bodybuilder soon to compete in first event

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Wright State junior Seth Baker is about to participate in his first bodybuilding event. What started as a training tactic to help drive the ball farther as a golfer in high school turned into a hobby and desire for Baker.

As a freshman in high school, the only sport that Baker was interested in was golf. After advancing to districts and achieving success early on in his high school golf career, it was a request by his golf coach that redirected Baker's focus.

"I actually started weight lifting to get stronger as a golfer," he said. "The varsity football coach prompted me to come to weight lifting after he spoke to my golf coach. I was 110 pounds and I was 5-feet-4-inches and in a year's time, I had put on 15-20 pounds in muscle and my lifts dramatically increased," said Baker.

It was at that time that Baker saw the affects of working out; not just on his drives during golf season, but on his appearance

as well.

"I fell in love with the sport more or less because not only was it that the hard work paid off as a direct reflection of myself on the outside but it also translated well into sports too," he said.

Working out and weight training has always interested Baker, however it was the influence of friends and his roommates that piqued his interest in working out to perform in competitions.

"I found a really cool group of friends and we all had a common interest as far as the diet and the training. Also, my roommate competes and we have all taken that extra step and gone and dieted down and did a competition and I feel like now its more of my time and its more less you put in the work and you just want to test yourself and see what you can produce," Baker said.

Although Baker has yet to compete in a bodybuilding competition, watching the success of his friends that have recently competed in drives his competitiveness.

As dedicated and passionate as Baker is about the process of bodybuilding, he believes that it's not always as easy and simple as some people may believe it is.

"Not every day, you're going to feel good and not every day you are going to look good. There are so many different variables that come into your body. You have sodium intake, hydration and some days you're going to feel small and some days you're going to feel great," said Baker.

Although the training can sometimes be difficult on Baker, he credits the people around him that push and motivate him to continue to work hard as he prepares for his first bodybuilding competition.

"My favorite part is definitely the training and training with a great group of friends. I have my roommate and two other guys who have recently competed and won so having a good conglomeration of people and pushing each other is the ultimate experience," Baker said.



PHOTO COURTESY OF SETH BAKER

## Want your body to look like an athlete? Hard work is not enough

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Having the body of an elite athlete takes more than just hard work; it takes discipline and recovery said Wright State strength coach Jason Bradford.

Bradford's job is to help all WSU's athletes with a fitness program that will help them meet certain goals and avoid injuries during games. One thing Bradford stresses to his athletes is not to over do it in the weight room.

"If our athletes aren't getting enough sleep, staying up and they're not getting that recovery, it messes everything else up that we have done," Bradford said. "Recovery is one of the biggest misunderstood or least used aspects of training. It is the afterthought. More is not always better. It is quality work over quantity."

Last Thursday, Bradford

worked with WSU's varsity swimming program in a brief training program. Bradford kept the swimmers' work limited as the squad had a meet two days later.

"We held back what we did with them because we know they have a meet," Bradford said.

Some athletes report to the gym at the Setzer Pavilion as early as 6 a.m. before going off to class and practice. Bradford said Division I athletes have to be disciplined to be in shape.

"The accountability and discipline our athletes have to go through for the love of sport, because a lot of them don't get scholarship money, it is unreal," Bradford said. "If they want to be good, it is not just, 'hey, we're going to kill it in this workout and that will make up for the pizza I had last night.' Their nutrition is being dialed in more and more. It is all aspects of their life. They have to be regimented."

### Some athletes have to gain weight

For some athletes, keeping their weight down is not the issue; many athletes are looking to gain weight. This is especially true for tall basketball players whose weight do not match their height.

Many athletes need to eat thousands of calories to make up for rigorous workouts and practices that cause athletes to burn calories.

"With some of our athletes, we don't care where the calories come from as long it is not alcohol," said Cole Pittsford who is Bradford's assistant. "For a kid struggling to gain weight, if they want to eat a large pizza, I have no problem with that at all."

Former WSU basketball forward Stephen Gossard came to Wright State as a skinny 6-foot-6 freshman. After graduating and being a three-year walk-on for the Raiders, he is sharing his experience of getting in shape as a strength intern in the Athletics Department.

"I am 230 now and I came in weighing around 175 or 185," Gossard said.

Gossard said that in high school, the amount of training he received was minimal. It was a bit of a shock to his body when he started working out at WSU.

"The first workout, (Bradford) told us this is what teams warm up with," Gossard said. "It just killed us. It was a warm up that killed us. It was a whole lot different. You find out how much you don't know about working out when you come and experience and pick their brains and see all the knowledge."

### Specialization leads to injuries

As the days of Deion Sanders and Bo Jackson have passed, specializing in one sport is causing more injuries according to Bradford. Bradford said he is seeing more athletes who only played one sport and that is causing athletes to become more injury prone.

"They start playing travel at 8 or 9 (years old) and they don't

play another sport," Bradford said. "People wonder why we see these injuries like Tommy John and stuff like that, technically we have just moved that curve up."

Instead of the time when baseball players just played for their high school teams in the spring, elite baseball players play year round in various leagues rather than playing other sports during what was the offseason. This has caused athletes to essentially be less athletic.

"The early specialization has killed our gross movement patterns," Bradford said, "our athletes ability to play tag or jump out of trees. They don't have that gross movement pattern. They know how to do their sport, but when you ask them to do basic tumbling or side shuffles, things that aren't truly specific to their sport, they have a huge problem with it."

Bradford recommends those with children have their kids play a variety of sports rather than keying in on one sport.





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